

Information for patients and carers

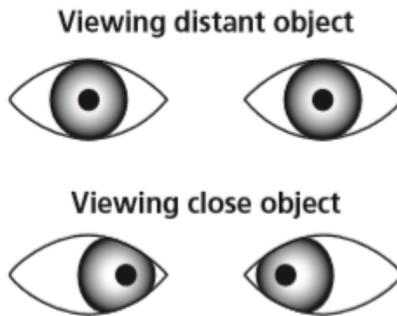
Convergence insufficiency

What is convergence insufficiency?

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue. The bands flow from left to right, curving upwards at the end.

What is convergence insufficiency?

Under normal circumstances the eye muscles will pull both eyes inwards towards the nose smoothly when looking at an object close up. Normally this occurs without effort and allows comfortable use of binocular (both eyes) vision whilst reading or doing other close work. Weakness of these eye muscles may cause problems in co-ordinating the eyes at close range, this is known as 'convergence insufficiency'.



What causes convergence insufficiency?

There are many different causes, but the possibilities include a change of job involving increased close work, an intensive period of close work (e.g. studying for exams), over-work, worry/stress, recent illness or whiplash. Sometimes no reason is found.

What symptoms does convergence insufficiency cause?

Typical symptoms include frontal headaches (around the forehead), eyestrain and sometimes difficulty in changing focus from distance to near. You may also experience blurred vision or double vision during close work.

What are the treatment options?

The most common recommended treatment is eye exercises, which can be practised at home. The orthoptist will explain which exercises are best for you based on the findings of the Orthoptic assessment (please see relevant information leaflets: 'Smooth convergence', 'Dot card', 'Stereograms' and 'Relaxation'). The orthoptist will also advise on how often and how long the exercises should be performed.

It is important that you attend your orthoptic appointments as advised by the orthoptist to monitor whether the exercises are helping to improve your condition and adjust the exercises given as needed. If you are unable to attend an appointment, please call our appointments team on telephone number: 01772 524010.

Contact details

Should you require further advice or information please contact the Orthoptic team on telephone number: **01772 522417** (Monday to Friday between 8.30am to 4.40pm). If the Orthoptists are not available when you call, there is a 24-hour answerphone where you may leave a message.

Orthoptic Department:
Broughton Suite (near the main entrance),
Royal Preston Hospital,
Sharoe Green Lane,
Preston.
PR2 9HT

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk
www.squintclinic.com
www.orthoptics.org.uk/patients-and-public/

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

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Division: Surgery

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